



LEO ACTOR TALKS ON FORAY INTO SCI-FI SCENE {page 8}

► **Inception** Complexity of the dark side holds special allure in Nolan flick

► **Dreams** DiCaprio takes Freudian route to role



EDMONTON metro®

Tuesday, July 13, 2010
www.metronews.ca



Share this copy
with a friend

Mountie case set for August

► Constable was to be suspended ► Justice officials backtrack after document erroneously said officer had been charged with first-degree murder offence

A speedy court appearance and a clerical error over a murder charge marked an Alberta Mountie's entrance into the legal system after being charged in his wife's slaying.

Const. Tirth Sehmbi, 36, was led into court yesterday dressed in the blue coveralls issued to all prisoners who are in custody.

He's charged with second-degree murder after his wife's body was discovered in a southeast Edmonton home early Saturday morning.

Sehmbi stood quietly in the prisoner's box for just a few seconds as a judge agreed to a defence request to adjourn the case until Aug. 12.

He appeared to be a little confused as he was quickly whisked back inside a locked prisoner's area adjacent to the court room.

The court appearance was so fast, Sehmbi's uncle wasn't able to catch a glimpse of his nephew because he arrived a few minutes after the proceedings had started. **THE CANADIAN PRESS**

Const. Sehmbi

RCMP spokesperson Sgt. Tim Taniguchi shed more light on the circumstances of Sehmbi and of the case:

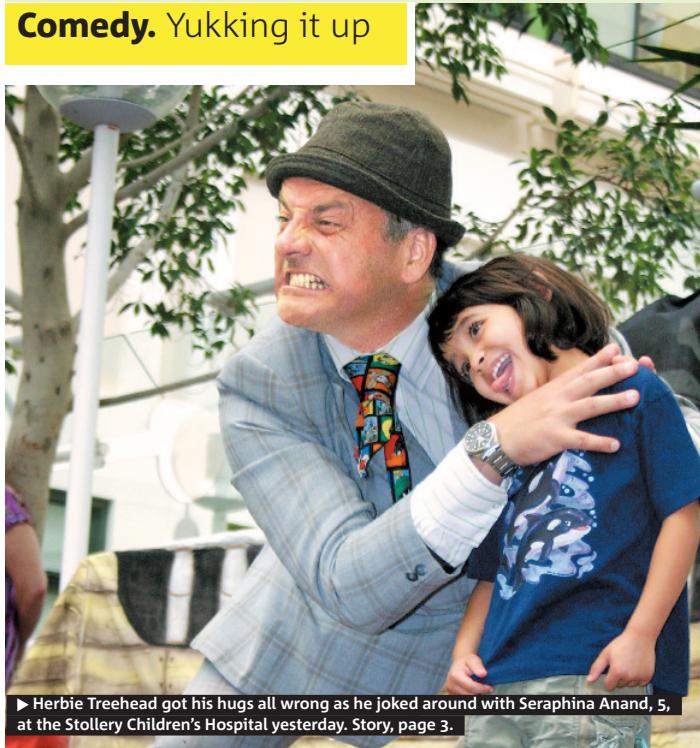
► Contacted Sgt. Tim Taniguchi, an RCMP spokesman, said a friend of the dead woman's family had been in contact with them and with the agency investigating the death. Her name has not been released.

► Work experience Sehmbi had been working in the traffic services division in Stony Plain, a detachment just west of Edmonton. He also worked as a dog handler, Taniguchi said.

► Veteran The constable is an eight-year veteran of the RCMP. He has also served in other Alberta communities including Grande Prairie and Evansburg.

► Another death Having a member charged with murder has been very difficult for Sehmbi's colleagues, who were also coping with the death of another Mountie from the detachment, Taniguchi said.

Comedy. Yukking it up



► Herbie Treehead got his hugs all wrong as he joked around with Seraphina Anand, 5, at the Stollery Children's Hospital yesterday. Story, page 3.

ANDREAS MORSE

Laughter best medicine for kids

Street performers brought smiles to the Stollery Children's Hospital yesterday as patients got their own private show from participants in the Edmonton International Street Performers festival, courtesy of group Comedy Cares.

Working on the super physique

Hollywood trainer shows you how to look like a hero {page 10}

Wings of climate change

U of A conference studies impact on butterflies {page 17}

ARE YOU TRAVELLING?

Get your vaccines and make sure you are protected!

Travel Vaccines

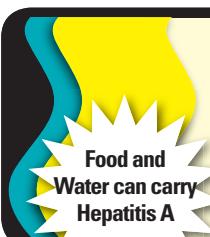
Suite 104, 7633 - 50 St. (Old Shaw Cable Bldg.) | **780.465.5150**

PARKING AVAILABLE | www.atlasimmunization.com | OPEN MONDAY TO SATURDAY

Hepatitis A & B, Yellow Fever, Tetanus/Diphtheria, Meningitis, Typhoid, Dukoral, And More!

Health Canada Certified Yellow Fever Clinic

Be protected, get your Travel Vaccines



Atlas
Immunization
Services Inc.
Protecting you for a safe and healthy journey



You don't have to be rich to **save**, but if you **save** you **could** end up being **rich**.

Truth is, the benefits of saving are best realized 'down the road', after it grows and accumulates. That can feel like a long way away from today. By just starting to save, you're one step closer to a richer life.

So, the question we're asking ourselves at Scotiabank is how do we make saving easier for everyone? A *Scotia*[®] advisor can create a plan for you to save using these three simple principles:

SAVE automatically, because it works.

INVEST for your future, because no one else will.

BORROW to get ahead, not fall behind.

Before you know it, you could be thousands of dollars ahead every year. And that can make a real difference for your future.

Visit a Scotiabank branch today and *Let the Saving Begin*[™].



letthesavingbegin.com

You're richer
than you think.[®]

 **Scotiabank**[®]

Street performers show Comedy Cares

The Stollery was full of smiles yesterday as young patients and their families were treated to a private showing by performers from the Edmonton International Street Performers festival.

Comedy Cares is an award-winning outreach initiative aiming to prove that laughter can soothe the soul, and they certainly proved that point at the children's hospital yesterday.

"It's laughter where you really need it the most,"

"You see lots of laughter and dancing, and the nice part about my job is that this afternoon, I get to hear them tell me all about the fun they just had."

DIANNE TUTERRA

said the festival's artistic director Shelley Switzer. "We're bringing it to the folks who really can't join us at the square during the

festival."

Singing pirates, break-dancers and of course, a clown were just a few of the acts tickling young funny bones.

"It's just that absolute joy in being able to see something that is so alive, so active, and so fun," said Dianne Tuterra, the Stollery's child life team leader.

Comedy Cares continues at the Glenrose Rehabilitation Hospital today and the Cross Cancer Institute tomorrow. ● ANDREAS MORSE

fired there this year. The owners have 14 days to appeal the conditions.

Two charged in Morin death

South side club closed by city

CLUB. The owners of Blush Nightclub will have to meet nine new conditions if they want to re-open their south side club, according to the city. The conditions include installing and maintaining video surveillance equipment, patting down customers and installing a metal detector, and keeping records of who is entering the club.

The owners voluntarily closed the club after shots were fired in the parking lot on May 23. It was the third time shots had been

HOBBEWA. Two youths have been charged in connection with the death of Christian Morin, a 24-year-old from Hobbewa, on June 20. One youth has been charged with manslaughter and both have been jointly charged with aggravated assault.

Both have been released from custody and are scheduled to appear in Wetaskiwin court on July 21. The youths cannot be named under the Youth Criminal Justice Act.

● METRO EDMONTON

1

news



News on the move

1 Download the free ScanLife application with your smartphone at 2dscan.com

2 Use the ScanLife application on your smartphone to scan 2D barcodes in Metro

3 The codes will direct your mobile browser to relevant content at m.metronews.ca

On the web at metronews.ca



Alberta farmers join ranks of oilsands critics. Video at metronews.ca/canada

Pagliacci headed to Coney Island

► Opera debuted in Giovanni Caboto Park ► Ran at 2008 Fringe Festival

STEFAN STRANGMAN
EDMONTON@METRONEWS.CA

The Mercury Opera company will be taking their Edmonton-grown production of the opera *Pagliacci* to New York this summer, after a successful run of the play in the City of Champions.

The company hopes the play will be just as popular in the U.S., in the very place where the updated production is set — Coney Island.

"It's a really strong show," said Liz Lepper, the publicist for the Mercury Opera company. "Because

Send in the clowns

- **Pagliacci**, or 'Clowns,' was composed by Ruggero Leoncavallo and premiered in 1892.
- The plot centres around a love triangle involving three members of a performance troupe.
- Mercury Opera's version updates the setting to modern-day Coney Island. The main character, for example, is recast as a delivery boy for a local pizzeria.

it's on Coney Island, we hope to piggyback on the success that we've had here."



►Darcia Parada, the artistic director of Mercury Opera, and her son Dominic Endelman outside the Italian Centre Shop in Edmonton's Little Italy yesterday.

Total Refreshment Fruit Smoothies

Made with 100% whole fruit purées

NEW
AÇAI-BERRY

The Brazilian Superfruit Bursting with Antioxidants and Omegas



*At participating cafés only.



www.timothyscafes.com

Premier seeks review of AHS execs' bonuses

► Treasury Board president defends spending, saying otherwise executives would move on to private companies

Alberta Premier Ed Stelmach says he has asked his health minister to review controversial bonuses given to bigwigs at the province's health superboard.

Stelmach said he's instructed Gene Zwozdesky to look at whether there's a better way to reimburse top public managers.

"Over the last couple of years we've seen public-sector salaries — MLAs, ministers, the premier — reduced, just to get through this very difficult period of time," he said yesterday.

"Even though the economy is recovering ... I've asked the minister just to review and come back to



► Premier Ed Stelmach

me personally to see how we can do this differently."

Alberta Health Services financial statements show the executives earned \$5.8 million in salary and bonuses in 2009, while at the same time the board

ran an \$885-million deficit.

The president and CEO of Alberta Health Services, Stephen Duckett, made a total of \$744,000, including \$595,000 as a base salary and \$76,619 in performance bonuses.

Some health groups and opposition politicians have criticized the bonuses, saying they put the focus on money rather than helping people in need.

When asked whether he thought Duckett deserved the money, Stelmach noted that, even with bonuses, Duckett's salary amounts to less than some other CEOs in health positions across the country.

THE CANADIAN PRESS

1st Time Buyers' Program

\$500
**FREE
GAS**

If You Work... You Drive... New Grads...
Your Career is Your Credit!!
Guaranteed Approvals

On Remaining 2009 & 2010 Models.



\$44/ WEEK

\$14,288
#A90098
Dodge Caliber



\$68/ WEEK

\$22,988
#A5168RRR
Dodge 1500



\$67/ WEEK

\$21,488
#AR205MMM
Dodge Caravan



\$59/ WEEK

\$19,988
#N00206
Jeep Patriot

Hundreds of Used Under \$10,000. Carfax on Every Unit!



\$77/ WEEK

\$12,700
#Y01130A, '07 Mazda 3 GT



\$39/ WEEK

\$8,995
#S00990A, '06 Lancer



\$37/ WEEK

\$7,995
#J00336A, Civic

Payments based on 2.25% over 84 months. Fees extra. Vehicles may not be exactly as shown. Prices do not include gst and admin fees. See dealer for details.

CALL NOW!! 780.702.4213 www.ftcredit.com or email: scotty@greatwestchrysler.com

CFL Uniform



► Edmonton Eskimos quarterback Ricky Ray models a vintage jersey yesterday at Commonwealth Stadium.

STEFAN STRANGMAN/FOR METRO EDMONTON

Eskimos going retro

The 2010 edition of the Edmonton Eskimos will honour the Esk's 1975 Grey Cup-winning squad when they take to the field Aug. 6 in vintage uniforms, as part of the CFL's 1970s Retro program.

Doctor suspended for having sex with patient

An Edmonton family doctor has been banned from practising medicine for having sex with one of his patients.

The College of Physicians and Surgeons of Alberta says Dr. Włodzimierz Rydz has been suspended for 18 months.

He must also complete a course on how doctors are supposed to act with patients and pay a \$28,683 fee to cover the cost of the college's investigation.

THE CANADIAN PRESS

5

When he is cleared to see patients again, Dr. Włodzimierz Rydz will have his conduct reviewed by the College of Physicians and Surgeons for five years and can only treat males.



► A memorial to Canadian soldiers at Forward Operating Base Ma'sum Ghar in the Panjwaii district of Afghanistan.

Canadian memorial gets makeover

A facelift is coming for a memorial to fallen Canadian soldiers, built near a hilltop observation post in the Panjwaii district Afghanistan. More than a hundred rocks, gathered by soldiers at the nearby forward operating base, have received a fresh coat of white paint and are waiting for some finishing touches.

Khadr lashes out at military tribunal system

- Detainee says he intends to represent himself at trial
- Judge denies Khadr permission to fire lawyer

A defiant Omar Khadr spoke out on his own behalf yesterday, dismissing the U.S. military tribunal process as a "sham," denouncing his American captors, and disclosing an offer to serve just five years of a 30-year sentence in exchange for pleading guilty to war crimes — an offer he summarily rejected.

In a calm, measured voice, Khadr, a Toronto native, made clear his feelings about the judicial machinery that has kept him captive at Guantanamo Bay for the better part of eight years, even

smiling on occasion as he addressed the judge, Col. Patrick Parrish, and his Canadian lawyer, Dennis Edney.

"I will not willingly let the U.S. government use me to fulfil their goal," the bearded Khadr, 23, said as he explained why he rejected the deal he'd recently been offered by prosecutors.

Pleading guilty at his trial next month would "give an excuse to the government for torturing me and abusing me as a child," he added.

THE CANADIAN PRESS

Canada's role

Khadr is charged with war crimes that include killing an American soldier in Afghanistan in July 2002 when he was 15 years old.

► Canada's federal government said yesterday it plans to appeal a Federal Court ruling that Ottawa failed to meet the standard set in January by the Supreme Court of Canada, which called on the government to right the wrongs it had brought on Khadr.

TERRORISM

Somalis own up to attacks

East Africa saw the emergence of a new terrorist group yesterday, as Somalia's most dangerous al-Qaida-linked militia claimed responsibility for the bombings in Uganda that killed 74 people during the World Cup.

The claim by al-Shabab, whose fighters are trained by militant veterans of the conflicts

in Afghanistan and Iraq, resets the security equation in East Africa and has broader implications worldwide. The group in the past has recruited Somali-Americans to carry out suicide bombings in Mogadishu.

Al-Shabab has long threatened to attack outside of Somalia's borders, but the bombings late Sunday are the first time the group has done so.

"We warned Uganda not to deploy troops to Somalia, they ignored us," said Sheik Ali Mohamud Rage, al-Shabab's spokesman.

THE ASSOCIATED PRESS

Thailand introduces feeding fine

You can still feed elephants in Thailand's bustling capital — but it could cost you.

Bangkok authorities said yesterday anyone caught handing bunches of bananas or sugar cane to elephants — proffered by their handlers in a ruse to make money — faces a \$320 US (10,000 baht) fine.

THE ASSOCIATED PRESS

Lowest Long Distance Rates

If you Ever Find a Lower Rate, Call us and we'll Beat it... Guaranteed!

Cuba 89¢/min



India 29¢/min



Philippines 119¢/min



Pakistan 59¢/min



If the country you call is not on this list, or our advertised rates are higher than what you are currently paying... that's no problem. Call today and we'll beat what you're paying with your current provider...

GUARANTEED!



Make Long Distance and Overseas calls from your Cell Phone at our Guaranteed Lowest Rates!

UNLIMITED

Calling to

INDIA

\$29.95 /month

From your home or EVEN your Cell Phone

UNLIMITED

Calling to

CANADA

\$5 /month

From your home or EVEN your Cell Phone

comwave

780-665-1818

www.comwave.ca

While Comwave strives for accuracy in our advertising, Comwave reserves the right to correct any error in pricing or information at any time. Rate Guarantee is based on competitors' lowest advertised rate for like services. Comwave will not rate match against charity or internet services, bundled minute plans or prepaid calling cards due to their inaccurate billing criteria. Unlimited India \$29.95 is limited to 3000 minutes per month. Unused minutes do not roll over to the next month. Unlimited Canada plan does not include calls to the Yukon, Nunavut or N.W.T. Terms and conditions apply; see www.comwave.ca for details.

NEED SOME WATERCOOLER TALK?

Visit metronews.ca to watch metrotube of the day

Apartment Finder

To advertise contact Yvonne Markey at 780-701-0347

realstar management

BLUE QUILL APARTMENTS

1-888-241-8361 • 11615 28th Ave. NW

Ask About 50% off SD and FREE Rent!

1 bedroom from \$895, 2 bedroom from \$995

WESTLAWN VILLAGE APARTMENTS

1-888-423-9792 • 9535 165th Street NW

MACDONALD ESTATE APARTMENTS

1-888-289-4159 • 9925 Jasper Avenue

www.realstar.ca

Service Directory

To advertise call 780-702-0592

FINANCIAL

**\$500\$
loan service**

by phone, no credit
refused, quick and easy,
payable over
3, 6, or 12 installments.

Call toll free:
1-877-776-1660
www.moneyprovider.com

NEED MONEY?

✓ No credit checks
✓ Fast approvals

**\$500\$
499-5629**
And get cash now!!
www.mynextpay.com

HELP WANTED

Help Wanted
New Hotel Opening
Hampton Inn by Hilton

Looking for Housekeeping and
Supervisors, Laundry, Front Desk,
Front Office Manager, Director of Sales

Please send resume to:
(F) **780 485 2873** or
(E) lucky.gill@hilton.com

Please put Position in Subject line

PSYCHICS

★ ANSOU ★

The great spiritual healer
Helps solving all problems
Reunited loved ones. Divorce.
Protect bad heart against your
happiness. Family. Love. Gambling.
sexual success. Removings evil spirits,
bad luck. Clear readings for anything!

★ 100% GUARANTEED ★

Call: **780-655-4038**

NOT JUST
A CLUB, IT'S
THE CLUB.

JOIN CLUB METRO TODAY!
CLUBMETRO.COM



Market moment

| TSX | Dollar | Oil | Natural gas 1,000 cu ft |
|-----------------------|------------------------|-----------------------------|---|
| – 4.69 (11,565.76) | – 0.35¢ (96.39¢ US) | – \$1.14 US (\$74.95 US) | \$4.388 (- 1.4¢) Gold contracts \$1,198.50 (- \$11.10) |

APRIL 15, 2010 / 12

Cost of battling oil
spill now \$3.5B: BP

BP PLC said yesterday the cost of dealing with the oil spill in the Gulf of Mexico has risen to \$3.5 billion US yesterday, though its shares rallied on reports it may sell some assets.

The oil company said the overall cost includes nearly \$165 million paid

to settle individual claims. BP said that by Saturday, it had received 105,000 claims and made more than 52,000 payments.

The company says it is still too early to estimate the final total of costs and compensation.

THE ASSOCIATED PRESS



0.9% FINANCING!

NOW THAT WE HAVE YOUR ATTENTION: 0.9% FINANCING!

Not to beat a dead horse, but yes, we did we just say "0.9% financing." And there's a good chance we'll never say it again. Maybe because "0.9" is a typo. Maybe not. The point is, with MINI's legendary go-kart handling and best-in-class fuel efficiency, it's just too good a deal to pass you by as you eagerly search for the Sudoku page. To find out more, visit your local MINI Retailer today.

COME IN AND
VISIT US TODAY! **MINI EDMONTON**
WWW.EDMONTON-MINI.CA

FINANCE FROM
0.9%* | LEASE FROM
3.9%*

36 MONTHS
ON COOPER AND
COOPER S HATCH

WWW.EDMONTON.MINI.CA

» MINI RATES. MAX RESIDUALS.

Vehicle shown above is a MINI Cooper S (MSRP \$29,000). Lease and finance rates are those offered by MINI Financial Services Canada only on approved credit (OAC). Lease example: MSRP for a 2010 MINI Cooper with 6-speed manual transmission is \$24,900; at a lease rate of 3.9% APR and a term of 36 months, the monthly lease payment is \$348.76; \$500 down payment required. The first month's lease payment, security deposit, a personal property security registration charge (up to \$30), and all taxes are extra and required upon lease signing. Transport and preparation charge (\$100) are additional. Total obligation is \$15,469.73 plus tax. Additional options, taxes, and insurance are extra. Vehicle is shown with optional MINI Accessories that are not included in this offer. The residual value of the vehicle at the end of term is \$13,197. Annual kilometers limited to 20,000; \$0.15 per excess kilometer. Excess wear and use charges may apply. Finance rate of 0.9% is only applicable on a term of up to 36 months. Offer ends June 30, 2010. Offer is subject to availability and may be canceled or changed without notice. Certain conditions apply. Please see your MINI Retailer for full details. © 2010 MINI, the MINI logo, MINI model designations, and all other MINI related marks, images, and symbols are the exclusive properties and/or trademarks of BMW AG, used under license.

Brussels. Protest



► A police officer stands amongst objects thrown at police during a milk farmers' protest in Brussels.

MATTHEW BUSCH/THE ASSOCIATED PRESS

Crying over milk prices

Milk farmers stood outside meeting of EU agriculture ministers at the EU Council building in Brussels yesterday, protesting what they consider are unfair prices for their products.

Gas deal for
PengrowthHefner wants
to buy Playboy

BUYOUT. Playboy founder Hugh Hefner, 84, is offering to buy the remaining shares of the Playboy media empire. The offer is worth \$122.5 million, or \$5.50 for each share. Hefner doesn't already own. THE ASSOCIATED PRESS

ENERGY. Pengrowth Energy Trust is expanding into a promising natural gas play in northeastern British Columbia by acquiring the 82 per cent of Monterey Exploration Ltd., that it doesn't already own.

The \$366-million deal was announced Monday. THE CANADIAN PRESS

TRADING LATTES FOR RETIREMENT

She says ...

JESSICA NAPIER



A few weeks ago my dear friend Jen attempted to explain to me the finer points of her RRSP.

Pretending to listen (sorry Jen, you lost me at "minimum disbursements") I got to thinking — is this the same girl who routinely blew off her early morning accounting class in favour of hung-over pancake breakfasts at our favourite greasy diner? When we were at university our idea of an investment strategy was selling used textbooks for a Thursday night bottle of wine. It didn't seem necessary to think about saving for anything beyond our weekend plans.

Eventually, Jen did attend enough accounting classes to

complete her degree. She now holds down a very respectable bank job while I opted for more education and many more Thursday night vi-

o-drinking sessions. As a result of our divergent post-grad choices, Jen has become a savvy financier, complete with office-appropriate heels and a respectable retirement savings plan. I, on the other hand, am known as the irresponsible art school friend who regularly has more money on her Starbucks card than in her chequing account.

After rent payments, my cell-

phone bill and an overpriced gym membership (because I swear I'll start going next week), I'm lucky if I have enough left over for my daily grande latte habit.

So how do such close friends develop such drastically different spending habits? My parents have always had a "we can't take it with us" approach to their retirement savings so they might be partially responsible for my spendthrift attitude. But I

know they aren't entirely to blame.

Ever since my first babysitting profits started

rolling in I've always thought about money in an it's-there-so-I-might-as-well-spend-it kind of way. As I get older, and presumably wiser, I'm starting to realize that might not be the most responsible attitude.

So, in an ongoing effort to become a grown up, I've decided it's time I give my finances a serious makeover.

Jen has promised to give me a lesson in budgeting and I'm resolving to embrace a lifestyle of frugality by cutting back on my not-so-necessary expenses. I'm starting with a solid investment — a coffee maker for my kitchen.

Sure, I'll miss that early morning barista banter, but at \$4 a pop (that's a whopping \$1460 a year), it's easy to see that I need a serious detox from those fancy frothy beverages.

Cartoon

MICHAEL DE ADDER

COAT OF ARMS OF PEI



Noteworthy

Octopus oracle calls it a career

Paul, the octopus who became a pop culture sensation by correctly predicting the outcome of many

World Cup matches as he has legs, is going to retire.

Aquarium employees presented the octopus yesterday with a golden cup — similar to the official World Cup trophy. **THE ASSOCIATED PRESS**

Letters & Tweets

TORONTO. Free speech makes you look smart, crime makes you look stupid.

I feel for all of the legitimate protesters who travelled to Toronto in the hopes of voicing their disapproval or other views surrounding the G20 and G8 summits being hosted in Canada.

They were doing something that is legal and completely respected in Canada: They were enjoying their right to speak freely about our government and their decisions.

I feel for them because they were lumped in with all the criminals,

Breaking the peace



and yes, I did say criminals: Those who decided to use this opportunity to say nothing and take blatantly illegal actions that prove nothing to the government besides how childish their citizens are acting.

The media is one of the most powerful tools in this world. Believe it or not, our government is

influenced by what happens in the media.

Thanks for wasting this tool by committing senseless and pointless acts that, of course, overtook the media, ensuring no one's legitimate concerns were heard and nothing got accomplished in the sea of madness.

ERIN STEWART

What's your best garage sale find?

Email
edmontonletters@metronews.ca
Twitter
@metroedmonton

Metro has the right to edit letters and submissions.

metro

METRO EDMONTON • Suite 2070, 10123 - 99 Street • Edmonton, AB • T5J 3H1 • T: 780-702-0592 • Fax: 780-701-0356
Advertising: 780-702-0592 • adinfoedmonton@metronews.ca
• edmonton_distribution@metronews.ca

Publisher Steve Shroot, **Managing Editor** Harry Hodge, **Sales Manager** Cheryl Skogg, **Distribution Manager** Jim Hillman

METRO CANADA: Group Publisher Bill McDonald, Editor-in-Chief Charlotte Empey, Associate Managing Editor Tarin Elbert, Scene/Life Editor Dean Lisk, Asst Managing Editor Amber Shortt, Art Director Laila Hakim, Nat'l Sales Director Peter Bartrem, Interactive/Marketing Director Jodi Brown

Metro Minute at children's hospital

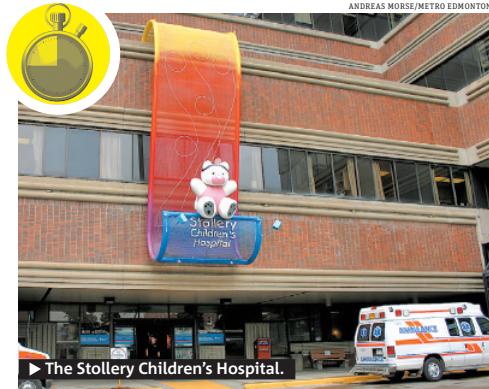
The Stollery Children's Hospital is a full-service pediatric hospital at the University of Alberta, with both a unique physical design and patient-care approach.

Funds that are raised by the Stollery Children's Hospital Foundation help make the hospital a Canadian leader in many areas. The next fundraiser for

the children's hospital, Fill the Stadium for the Stollery, is scheduled for Saturday, July 31, at Clarke Park.

Edmonton's finest will once again join forces with Edmonton's bravest in a charity football game from 2:30 p.m. to 4:30 p.m. Proceeds go to the hospital.

© ANDREAS MORSE





DiCaprio dreaming

● Shutter Island star spying on subconscious in Inception ● For DiCaprio, the dark side holds special lure



NED EHRBAR
SCENE@METRONEWS.CA
METRO WORLD NEWS IN LOS ANGELES

Leonardo DiCaprio is the first to admit the subject matter of Christopher Nolan's Inception was a little foreign to him.

The film is an elaborate heist drama about a man (DiCaprio) skilled in stealing information from a target's subconscious through their dreams. And DiCaprio? "I'm not a big dreamer. I never have been," he admits. "I remember fragments of my dream."

Though he initially ap-



► Christopher Nolan's Inception — in theatres Friday — will be Leonardo's DiCaprio's first foray into science fiction.

proached the complex, labyrinthine film like he would any other, DiCaprio

admits that didn't last.

"I tried to take a traditional sort of approach to researching this project and doing preparation for it. You know, read books on dream analysis, read Freud's book on the analysis of dreams and tried to research it in that sort of form," he says. "But I realized this is Chris Nolan's dream world."

It's also DiCaprio's first

foray into science fiction, something he admits he's never had much interest in. "One of the earliest conversations I had with Chris was how both of us have a hard time with science fiction," he says. "We have a little bit of an aversion to it because it's hard for us to emotionally invest in worlds that are too far de-

tached from what we know."

He credits Nolan's style of filmmaking and storytelling for allaying his fears. "What's interesting about Chris Nolan's science fiction worlds is that they're deeply rooted in things that we've seen before," DiCaprio says. "There's not too much of a leap of faith to make."

EDMONTON & NORTHERN ALBERTA HISTORIC **2010** *festi*val

CELEBRATE OUR HERITAGE
OPEN OUR DOORS... JULY 9 TO 18 - 2010

This family-oriented festival features tours and activities at museums, historic sites, and community events that showcase our history and cultural heritage in urban and rural settings across Northern Alberta.

DOORS OPEN EDMONTON

EDMONTON & DISTRICT HISTORICAL SOCIETY

REALTORS® Association of Edmonton

www.historicedmonton.ca 780.439.2797

96.3 CAPITAL FM

EDMONTON PLANNING AND DEVELOPMENT HERITAGE COUNCIL

ENMAX

Work can wait. These chillers are melting.

Chiller Happy Hour.
Any small chiller for
\$2.75
plus tax
1-3pm every day!

SECOND CUP

At participating Second Cup Locations. While quantities last.

More damaging Gibson tapes leaked to press

► The actor's ex records him admitting to domestic abuse, providing further evidence for a criminal investigation against these allegations

Mel Gibson is heard allegedly acknowledging that he hit the mother of his 8-month daughter.

The eight-minute recording posted yesterday by online gossip website RadarOnline.com is purportedly a phone argument between Gibson and then-girlfriend Oksana

Grigorieva.

A voice sounding distinctively like the Academy Award-winner is heard telling Grigorieva that she "deserved" to be hit after she chastised him for allegedly punching her in the face and breaking two of her teeth.

"What kind of a man is

that?" she is heard saying. "Hitting a woman when she's holding a child in her hands? Breaking her teeth twice in the face! What kind of man is that?"

"Oh, you're all angry now!" Gibson responds. "You know what, you ... (expletive deleted) deserved it!"

GETTY IMAGES

Alan Nierob, a spokesman for Gibson, declined comment on the tape.

Los Angeles County Sheriff's Department spokesman Steve Whitmore would not say directly whether the recordings released by RadarOnline would become part of the investigation, but he said any potential evidence would be thoroughly reviewed and considered.

THE ASSOCIATED PRESS

Deal or no deal?

Despite their nasty breakup, Oksana Grigorieva won't be seeing much of Mel Gibson's billion-dollar fortune, according to RadarOnline. The Russian singer reportedly signed a cohabitation agreement while she was pregnant with his child that strips her of any claims to his money. Grigorieva said she will appeal.

● METRO WORLD NEWS



► Some critics are saying it's the best work he's ever done

Is Lohan planning her own prison break?

Lindsay Lohan is certain she can avoid jail time one way or another, according to Popeater. "She doesn't care what it takes," a source says. "They are treating Lindsay differently because she is a star, so it's about time she used her star power to help her. She's seen the movie Chicago several times, so it's not like she doesn't know how this sort of thing works." But first she'll need to find a new attorney, as Stuart Goldberg, the lawyer she hired last week, is reportedly no longer handling her case.



► Roxy Hart, is that you?
Goldberg's camp tells TMZ that Lohan couldn't afford him.

● METRO WORLD NEWS

Grammer puts on a show for theatre awards

Despite the fact that Kelsey Grammer's marriage to Camille Donatacci had reportedly already imploded before last month's Tony Awards, the former Frasier star insisted she still fly to New York to attend the show and walk the red carpet with him, according to gossip website Page Six.

► Grammer

"Kelsey was so cold," a source says.

● METRO WORLD NEWS

Talking points

La Toya talks MJ, monkeys

ALL I'M GONNA SAY IS SHE'S LUCKY BUBBLES IS IN A CAGE. La Toya Jackson claims her brother Michael Jackson spent a small fortune in an attempt to get his pet chimp, Bubbles, to speak, according to News of the World. "Michael always wanted to know how to make Bubbles speak and talk," she tells the newspaper. "He wanted to give him vocal chords and asked

doctors, 'Can I give him an operation so that I can know what his thoughts are?'" But the doctors reportedly

warned Michael off the

plan as the risk of injur

ing the primate was too

great.

Celebrity tweets

Lindsay Lohan
[@lindsay-lohan] I love my mother... she is amazing and strong* she's all i could ask for and more, by taking on the role of my mother and father all my life

Neil Patrick Harris
[@Actual-lynPH] Lindsay Lohan crying in the courtroom - true, authentic regret or yet another theatrical performance? So hard to tell with actresses...

Amanda Bynes
[@chicky] if you're in love and you don't want anyone else get married immediately

Lance Armstrong
[@lance-armstrong] Stage starts out through a village called "La Cure". If Robert Smith isn't standing by the roadside then I'm going to be super pissed!

● METRO WORLD NEWS



How about for addiction to attention?

Tell us what you are recording @metroedmonton

PVR Tweets

How many hours/minutes of recording do you currently have on your PVR?



@poundstreetcrea approx 4 mins left ...Way too many wiggles shows LOL

@jdeslippe i am currently at 48% of capacity. I have been up to 100% and down as low as 20%. On average though I hover between 45% to 70%.

@esheinberg My PVR is about 45% full

@maryselalonde I have 240 minutes or 4 episodes of glee

TELUS

Record 3 shows at once.
Unleash Optik™ TV at telus.com/optiktv



3
lifeAntibody discovery renews search
for AIDS vaccine*

Become a superhero

► Fitness trainer Bobby Strom is the body-blitzer Hollywood turns to when serious action's involved



**ROMINA
MCGUINNESS**
WELLNESS@METRONEWS.CA
METRO WORLD NEWS IN LONDON



"It could take weeks before you notice significant weight loss or muscle definition."

BOBBY STROM

The transformation

"Consistency, balance and moderation are key triggers for change and jumping the gun will only lead to pain and injury," Strom says. "Once you have synergized your exercise and nutrition habits, you will get optimum results." Having trained Scarlett Johansson for her role as the Black Widow in Iron Man 2 and currently whipping Blake Lively into shape for her role as villain Star Sapphire in Green Lantern, Strom knows that there's more to it than aiming to get them to fit into Lycra cat suits.

Toning but not bulking

"Women want to be trim,

toned and lean so we do exercises that use and manipulate their own body weight, so as not to create bulk or heavy muscle," he says. "Knee pushups, rocking lunges and jumping squats will and moves on the Swiss ball will all work on the core."

Shape and sculpt

"With women, I focus on creating lean muscle in the



► Many factors go into creating a lean, muscular body.

legs, upper body and stomach areas," Strom says. "Circuit training is a fantastic way of getting the heart rate up by doing 15-20 repetitions of the same moves using light weights and dumbbells, a method I used thoroughly on Scarlett."

Surprisingly, it seems that men favour defined muscle tone over big and bulky, something Strom is currently doing with Ryan Reynolds in preparation

for his role in Green Lantern. "Men want to be lean as well and the focus is on the back and the shoulders ... it's not all about being buff."

On the menu? Metabolism

During exercise, your heart is pumping and your metabolism is working at a faster rate, but how can you keep this up after the work out? According to

Strom, it's all about how you eat. "Think of the body like a race car — you want the car to be light so that it can get around the track as fast as possible — so only put enough fuel to finish the track," he says. "Food is fuel and we should think of eating as re-fuelling. At the end of the day, fat is nothing but stored food so if there is no food to store there will be no fat."

DESIGUAL MOTO KOLONTAI LARA PRESBER NTS DINH BAH DESIGNS L.A.M.B. ROCK REVIVAL MISS ME RACHEL F BAILEY 44

Your Cosmopolitan Fashion Connection



THREAD HILL
The Art of Womens Fashion

SUMMER BLOW OUT SALE!

Items as low as \$10

The entire store on sale,
Everything must go!

Sale starts July 12th

10725 124 Street, Edmonton, AB P 780 482 1200
www.ThreadHill.com Sales@ThreadHill.com

GEORGE, GINA & LUCY ADVENTURES DES TOILES COOKIE JOHNSON JEANS SUPERTRASH CA VA DE SOI COLLEEN EITZEN

McDonald's®
i'm lovin' it. IS PROUD TO SPONSOR

PROMOTER OF THE WEEK
CONGRATULATIONS

Donna F.

Pick up your free copy of Metro from this week's Promoter of the Week at:

Jasper East
Mobile Promoter

...OR FROM ONE OF OUR MANY OTHER PROMOTERS!

PROMOTER WILL RECEIVE A
McDonald's Gift Certificate

metro

Liquid assets

My go-to summer wines

If medium- to full-bodied red wines are your favourite tipple you don't look forward to hot summertime weather because they can come across flabbier than the auditions for next season's Biggest Loser.

While no wine likes heat; the deeper, darker flavours of most reds lose their complexity when served with even a hint of warmth. Truth be told, the thought that a red wine should be served at the room temperature of a modern home is baloney. When that old chestnut was thought up they were talking about the room temperature of a house circa the 18th century (so more like 10 - 18°C).

Lighter reds are the best choice this time of year. Not only do they have more juicy fruit flavours, they really shine when poured with a bit of a chill (as cool as 10°C). Those from France's Beaujolais region top my list of go-to summer wines with the Georges Duboeuf 2008 Beaujolais-Villages (\$13.00 - \$17.99) a textbook bright-berry sipper that's well-balanced and very barbecue-friendly.

The Italians often serve their lighter reds with a right-from-the-fridge chill with the Bolla 2008 Valpolicella Classico (\$13.00 - \$15.25) a cherry-infused easy-drinker that pairs perfectly with pizza and pasta.



PETER ROCKWELL
LIQUIDASSETS@EASTLINK.CA

Colourful penne & sausage salad

► Grilled sausage, pepper and bocconcini pasta salad ► A hearty salad that is quick and easy to prepare ► Full of colourful and seasonal vegetables with a light, fresh dressing

Preparation:

- 1 In saucepan of boiling salted water, cook pasta according to package instructions; drain and set aside.
- 2 Meanwhile, mince garlic with salt. In large bowl, whisk garlic mixture, oil, vinegar and pepper. Set aside.
- 3 Place sausages and red, yellow and green peppers on greased grill over medium heat; close lid and grill, turning often, until juices run clear when sausages are pierced and peppers are charred all over, 10 to 15 minutes.
- 4 Cut sausages into bite-size pieces; set aside. Peel, quarter and seed peppers; slice and add to dressing. Toss to coat.
- 5 Cut radicchio in half lengthwise; remove core. Grill, turning often, until leaves are tender and slightly charred, 5 minutes.
- 6 Transfer to cutting board; slice. Add to dressing. Add pasta, sausage, cheese and basil; toss to combine.

Superfood:
Bananas

Bananas are a great source of energy and their high potassium content helps maintain regular blood pressure and heart function as well as bone strength.

They also contain the amino acid tryptophan, essential in helping the body produce serotonin. Known as the brain's very own sedative, serotonin has a calming effect on the brain and consequently helps regulate mood.

● ROMINA MCGUINNESS

Ingredients:

- 3 cups (750 mL) penne
- 1 large clove garlic
- 1/4 tsp (1 mL) salt
- 1/4 cup (60 mL) extra-virgin olive oil
- 3 Tbsp (45 mL) red wine vinegar
- 1/4 tsp (1 mL) pepper
- 4 hot or mild Italian sausages
- 1 each sweet red, yellow and green pepper
- 1 head radicchio
- 1 container (200 g) small bocconcini cheese
- 1/4 cup (60 mL) loosely packed fresh basil, thinly sliced

Makes 4 servings

Prep time:

10 min.

Cooking:

15 min.



► Grilled sausage, pepper and bocconcini pasta salad.

CONTRIBUTED BY



MARCELLLO'S

MARKET AND DELI
TELUS PLAZA

CREATE YOUR OWN LUNCH BOX
OVER 100 HOT BUFFET ITEMS

weekly, ONLY \$1.69 per 100 GMS

MON - FRI: 6am-4pm,
780.628.7240
www.marcellos.ca

Fun Monday/Wacky
Wednesday Special
\$1 Coffee (any size except XL)

NOW HIRING
Chef/Food Service Supervisor.
\$15-17/hr. Apply Within

DON'T
BE THE
LAST TO
SEE IT.

Visit metronews.ca

to watch

metrotube

The video everyone's
talking about.

ONE DAY
ONLY!

TUESDAY, JULY 13, 2010

14⁹⁹
Each

All Kensie®, Kensie Girl® and
Kensie Denim fashions reg. and
clearance priced up to \$70

Offer valid on in-stock items in Sears Department stores.
Selection may vary by store. While quantities last.

ONLY AT SEARS

kensie

Sears*

NE072G610 © 2010, Sears Canada Inc.

Terrified of marriage

► Writing from a place of personal experience, Elizabeth Gilbert wrote Eat, Pray, Love for those battling to keep their marriages together.

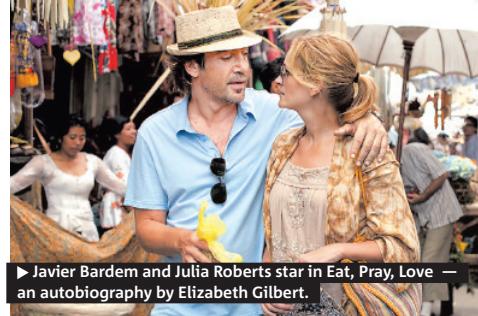
NINA ETTRUP
@METRONEWS.CA
METRO WORLD NEWS IN DENMARK

Elizabeth Gilbert's autobiographical Eat, Pray, Love became an international best-seller and is about to be released as a movie starring Julia Roberts. This week her new book Committed was also released in Europe.

Why did you call the book Committed?

The word 'Committed' has two meanings.

One is having a contract, to be connected and the other, obviously, is being admitted to a mental institution. So I'm playing on that a little bit. I like that there's a kind of fierceness to the word – in both meanings. It's got a lot of muscle, it's not a happy-go-lucky word – and that appeals to me, because that goes well with the way we decided to get married.



► Javier Bardem and Julia Roberts star in Eat, Pray, Love – an autobiography by Elizabeth Gilbert.

What were you most afraid of about getting married?

I was afraid of becoming someone else.

I was afraid of the power of the language of marriage. There are so many expectations connected to it, and I was afraid it would cause me to be someone I didn't want to be. I was afraid that marriage would be the end of my privacy and of me being in control. **What would have happened if you had fallen in love with someone who wanted to get**

married?

I don't think it was an accident that I fell in love with someone who didn't want to get married, who didn't want any more kids, who doesn't have any trace of traditional views on what men and women are.

That's what I was attracted to. If he had been someone who wanted to get married, I don't think there would have been a second date. And the good thing about neither one of us wanting to get married

Get to know her

Who is this Elizabeth Gilbert?



- Born: July 18, 1969 in Connecticut, USA.
- BA in: Political studies from New York University.
- Eat, Pray, Love was released in: 2006
- It has sold: More than 7 million copies worldwide.

is that now none of us has a feeling that we were tricked into it by the other one.

Have you seen anything from the Eat, Pray, Love movie?

I have seen the entire film, and it's really good.

I'm very happy to say that. I would never say anything negative about it – I think it would be tacky to ... criticise what they do, but they've made it easy for me

Smug Marrieds

KATE STEWART & BRET DAWSON

2FORCOUPLES.COM



WHY NOT JUST TRY HONESTY?

Q: Is biting your tongue around your partner sometimes the key to a healthy relationship, or best to let everything out?

Bret says...

Here are some clear guidelines. If the thing in your mind is troubling you or making you hurt or making you sad or making you feel weird and lonesome, say it. Tell your partner what's on your mind. Maybe it will turn out to be nothing, or maybe it will spark a fight, but at least you will have let the tension out. Conversely, if the thing in your mind is a ball of

mean, and if you have been rolling it around in your head, looking for notches where you can attach hurtful little spikes to it, and if you have been fantasizing about how when you throw it out there it will explode and make your partner feel crumpled and small, bite your tongue. Then later, when you are alone, apologize. Apologize to yourself. Apologize to everyone you have ever shared a thought with. Understand that you nearly shat in the pool. Be grateful you didn't. **Kate says...**

Yup.



UNABLE TO GET TO A VOTING STATION? SEND US YOUR VOTE



If you plan to be out of town or have a physical incapacity that prevents you from getting to a voting station, you can send in your vote.

Starting July 1, 2010, you can apply for a Special Ballot package. After September 20, 2010, a package can either be picked up or sent to you. To register:

Call **780-442-VOTE (8683)** or visit www.edmonton.ca/election



*Open Doors
with a
Bachelor's
Degree*

If you dream big, there's no better opportunity than a bachelor's degree from **University Canada West**. With our concentrated academic year, students are able to finish their degree in as little as two years! Full-time, part-time, on-campus or online – our delivery options are as flexible as you need them to be.

Learn from industry-experienced professors and study in small classes, giving you a strong foundation for success.

MBA program also available.

 **UNIVERSITY CANADA WEST**

1.800.380.9016

learn.ucan.ca

World Class Education Within Reach

Spread the eggs

ON MONEY

ALISON GRIFFITHS

MONEY@METRONEWS.CA



I've spent the past couple of weeks debunking various financial myths, such as the investment industry's mantra that buy and hold is the only way to go and that the young can afford to take risks.

However, there is one rule that I (and my granny) wholeheartedly endorse. Don't Put All Your Eggs in One Basket. The technical name is diversification, but I like the eggs analogy.

If you have too many eggs in too few baskets, you risk disaster should the basket (the stock market) fall.

Right now many investors are heavy into gold stocks or resource based



mutual funds, which have been riding high.

But those sectors will have their day and that day will be done before the average investor realizes what's going on. And it will go down much more precipitously than the rest of the market.

Diversification doesn't just mean spreading those eggs among the various stock market sectors. It also means popping a few into nice safe baskets such as bonds, preferred shares and cash-like investments such as GICs or even just high interest savings accounts. We wouldn't need

to diversify if we all had shiny, clear crystal balls.

But guessing which stock|sector|country is going to boom and for how long has always been a mug's game.

Alison Griffiths' show Maxed Out appears Wednesdays at 10:30 p.m. on W Network. You can find out more at: alisongriffiths.ca

Interest rates/ Savings accounts

| BANK | RATE |
|--------|-------|
| BMO | 1.10% |
| CIBC | 0.70% |
| HSBC | 0.65% |
| ING | 1.30% |
| PCF | 1.0% |
| RBC | 0.85% |
| SCOTIA | 1.00% |
| TD | 0.25% |
| ALLY | 2.0% |

CHECK BANK WEB SITES AS SOME RATES REQUIRE MINIMUM ACCOUNT BALANCE

TURN PASSION INTO PROFITS

Fun and Frugal

LESLEY SCORGIE

MONEY@METRONEWS.CA



Imagine for a moment that you were able to turn your passions into extra income or even a new job. Doing something you're passionate about is one of the easiest ways to make more money.

I've developed a simple income building model, called the Core and Petals, which you can use to turn your passion into more income. Envision a daisy flower with its white petals and yellow core that's connected to the

stem which is rooted in the ground. Think of the core and stem of the flowers as your day job. You collect a salary which enables you to pay your bills, keep a roof over your head and food on the table. Now, think of your extracurricular interests as the petals on the flower.

Because you have income stability through your day job it's actually easier to start developing your petals as supplemental streams of income. The number one reason entrepreneurs fail at their business is because they didn't



Find YOUR reason to SWITCH.

Every day, more Canadians are making the switch to CIBC. They're switching for more rewards, for new ways to save money and for the flexibility to bank when and how they want.

SWITCH AND EARN AEROPLAN MILES.

EARN
10,000
AEROPLAN[®] MILES

Open a **CIBC Unlimited[®] Chequing Account** and use CIBC Online or Mobile Banking to receive 10,000 Aeroplan Miles. Offer ends September 30, 2010.

aeroplan

SWITCH YOUR MORTGAGE FOR FREE.

\$4,000
CASH BACK
AND A GREAT RATE

Transfer-in your mortgage for **FREE*** and lock in to a low, fixed-rate, closed mortgage that gives you \$4,000 in cash back². Renovate with a CIBC Home Power[®] line of credit and we'll waive the Set-Up Service Fee³ to save you hundreds of dollars.

SWITCH AND EARN MORE TRAVEL REWARDS.

EARN UP TO
50%
MORE REWARDS

CIBC offers the ultimate choice in travel cards with **CIBC Aerogold[®] Visa Infinite[™]** or **CIBC Aventura[®] Visa Infinite** cards. You'll earn 50% more Aeroplan Miles or Aventura Points at gas, grocery and drugstores⁴. Plus, you'll receive 15,000 Welcome Bonus rewards⁵.

SWITCH FOR MORE BANKING ACCESS THAN EVER BEFORE.

UNLIMITED
ACCESS

CIBC offers you the convenience of **24/7 Mobile** and **Online Banking**. Plus, enjoy extended evening and weekend hours at many of our over 1,000 branches. And you can also access our more than 3,800 CIBC bank machines.

SWITCH TO A BETTER WAY OF DOING BUSINESS.

UNLIMITED
TRANSACTIONS
ONE LOW MONTHLY FEE

A **CIBC Unlimited Business Operating Account[™]**⁶ provides exceptional value with unlimited access and unlimited transactions: withdrawals, bill payments and account transfers, all for one low monthly fee⁶.

Some conditions apply. Speak to an advisor about switching to CIBC. Visit any branch, go to cibc.com/switch or call 1 800 465-CIBC (2422)

It's worth a talk.



For what matters.

¹Open Account by Sept. 17, 2010 if by phone/online. Other conditions apply, ask in branch. ²*Transfer-in your mortgage for free – there are no CIBC legal, appraisal or transfer-in fees. Excludes existing lender charges. Straight mortgage transfers only; no refinances. ³Based on 5-year fixed \$200,000 mortgage. Cash back is 2% of mortgage principal. Mortgage must be min. \$75,000 and must fund within 30 days from date of application to qualify. Limit 1 cash back offer per mortgage. Conditions and restrictions apply. Offer may change or be withdrawn at any time. ⁴Your CIBC Home Power Line of Credit (HPLOC) must have an average principal balance of at least \$30,000 during the 4 months following month of activation. New HPLOCs only. Set-Up Service Fee includes appraisal and basic legal work for collateral mortgage preparation, registration (in most provinces), and registration of the first discharge, if needed; does not cover registration fees in Nfld, YkN and NWT. You must pay for independent legal advice, if required, and any additional expenses and fees. ⁵Earn 1 Mile/Point per dollar of net card purchases, and 1.5 (50% more) at gas, grocery or drugstores (up to \$80,000 net annual card purchases). Conditions apply, ask for details. ⁶Applies to new approved primary cardholder after first card use, and may not apply to card conversions. ⁷Additional fee(s) apply to withdrawals at non-CIBC ATMs. Offers subject to change/withdrawal without notice. ⁸Registered TM of CIBC. ⁹Aeroplan and Aerogold are registered TMs of Aeroplan Canada Inc. CIBC auth. licensee of marks. ¹⁰TMTrademark of CIBC. "CIBC For what matters" and "It's worth a talk" are trademarks of CIBC.

DRAMA. SUSPENSE. COMEDY.

Visit metronews.ca to watch



The video everyone's talking about.

Career Finder

WE ARE HIRING!

10 Experienced Outside Sales Reps
Needed for Advertising Sales

Fun, Easy, Call Centre
Hourly Wage + Commissions
Close to Corona LRT Station

Call Keith at: 780.482.5801 or 780.263.5455

Scholarships can take the pressure off

► Do you research, lots of small grants and bursaries available

 RAF BRUSILOW
FOR METRO CANADA

Post-secondary education is never cheap yet a wealth of available scholarships, grants and bursaries could take some of the financial burden off of your educational journey.

Website scholarshipscanada.com that tracks Canadian scholarships currently lists details for 23,885 scholarships offered by educational institutions throughout Canada and not all of them are based strictly off of your grades.

Once you've got your resume polished, here are some tips to get you ready for some web-surfing and letter-writing in your search for educational

cash:

Distinguish yourself

Many scholarships are originally created to help students who either have specific personal qualities (like background, economic level or grade point average) or are entering a specific field of study, so make sure you keep in mind what makes you special as you apply for scholarships.

If you're going into a highly specialized field, it's likely there are scholarships tailored to you and getting them will be easier than more general ones.

Spread the net wide

Spend as much time as you can spare conducting your scholarship search.

There are literally thousands of scholarships, each one usually carrying unique requirements for candidacy and aimed at distinctly different demographics of potential students.

You'll have to learn to love paperwork but it'll all be worth it if you snag some cash (as well as great practice for university/college).

Every little bit helps

While everyone dreams of snatching those rare, large scholarships worth thousands of dollars,



► Do you homework, there are 23,885 scholarships available for students in Canada.

By the numbers

- Number of total post-secondary students enrolled in Canadian universities in most recent survey year (2007-2008): 1,066,353
- Male: 452,589
- Female: 613,566
- Number of those who are undergraduate students: 812,691
- Number of scholarships in Canada offered by educational institutions: 23,885
- Ratio of scholarships to total number of university students: roughly 1 scholarship for every 45 students

SOURCE: STATISTICS CANADA AND SCHOLARSHIPS CANADA.COM

there are many more small scholarships readily available that offer sizeable funds and are much easier to compete for.

Don't discount the effect a \$300 or \$700 scholarship can have on your bottom line.

Particularly outside of major urban areas, many schools and institutions

tend to offer a larger number of smaller scholarships.

Hit the target

Here are some helpful places to start your search:

- canlearn.ca
- cmsf.ca
- scholarshipscanada.com
- studentawards.com

Am I Canadian?

 GEN HANDY
FOR METRO EDMONTON

What does it mean to be Canadian?

A University of Alberta professor has found the answer to be very complicated after researching a number of Canadians whose citizenship is in question.

"Your citizenship may be in question depending on when you were born," said Lois Harder, a political science professor at the University of Alberta. "Different rules and criteria apply."

Described as the "lost Canadians" by Harder, there is a group of people who have fallen through the cracks of Canadian citizenship laws because of changing legislation. The result is a population of individuals who may think they are Canadian, but in reality, have no Canadian citizenship.

On the other side of this story, there are those who have not lived in Canada, but feel they should be allowed Canadian citizenship.

"There is a real tension in the stories of people who had lived in Canada almost all of their lives and suddenly discovered they weren't Canadian," Harder said.

What both groups have in common is that they both believe that they are Canadian, but have different reasons that they are not — different reasons for being "lost Canadians."

"Your citizenship may be in question depending on when you were born."

LOIS HARDER, PROFESSOR

were Canadians, but that wasn't the case."

A major reason for people realizing this troubling fact is because of the recent requirements of Canadians needing passports to travel to the U.S.

"People started applying for passports when they hadn't done so before," Harder explained. "In issuing these passports, Citizenship and Immigration Canada would come back and say, 'Well no, there's a problem here.'"

On the other side of this story, there are those who have not lived in Canada, but feel they should be allowed Canadian citizenship.

These "lost Canadians" are the subject of a study conducted by Harder, published in the journal, Citizenship Studies.

"A lot of these stories are incredibly surprising and quite heartbreaking," Harder said. "These people obviously felt that because they were born in Canada, they

CITIZENSHIP LOST

Border babies

Between 1947-1977, there were approximately 10,000 "U.S. border babies." These were children who were born in U.S. hospitals that were closer to their parents' home than the nearest Canadian hospital.

There are approximately 32,000 people who may have lost their Canadian citizenship because they

were born abroad to Canadian parents and were unaware that they had to make a declaration to retain their citizenship prior to their 28th birthday.

More than 110,000 people may have lost their Canadian citizenship when their 'responsible parent' acquired a new citizenship in another country from 1947 to 1977 — dual citizenship was not permitted during this time.

SOURCE: RECLAIMING CITIZENSHIP FOR CANADIANS



M.C. COLLEGE
CREATIVITY, PASSION, FREEDOM,
FINANCIAL SUCCESS!

BECOME AN INDEPENDENT FASHION DESIGNER

Find out about the Fashion Design and Apparel Production Diploma Program at M.C. College.
Enrolling for September Now!

Contact Chantel Bella at 780-429-3157 or chantel@mccollege.ca

M.C.
COLLEGE

experience the artistry
www.mccollege.ca

CANADA'S LEADER IN HAIR AND ESTHETICS TRAINING

EDMONTON
10018 - 106 Street
T: (780) 429-4407
info-ed@mccollege.ca

Funding is a click away

SUBMITTED PHOTO

Province says accessing information for student loans and grants has never been easier

JEFF CUMMINGS
FOR METRO CANADA

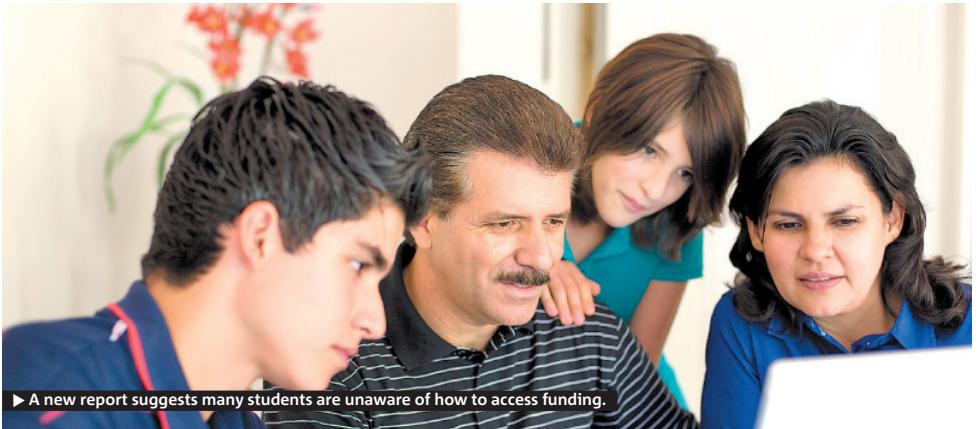
Many students in Alberta are misinformed about scholarships, grants, and loans simply because they don't understand what's

available to fund their education, says a report from the Council of Alberta University Students.

The council surveyed hundreds of students across the province — including 2,200 students from the University of Alberta — as part of a national movement on whether or no provincial and federal governments provide clear information to recently graduated high school students.

Among those surveyed students who were in their fifth year, close to 75 per cent of them said they were unaware that their parents' income would be counted against them.

"We have found that students are very poorly informed about details of the government financial aid



► A new report suggests many students are unaware of how to access funding.

in the details

► Alberta's government says it expects to give out roughly \$70 million in awards and scholarships to close to 37,500 Albertans this year.

► Roughly 50 per cent of students surveyed in a report say they didn't know they could still receive government loans and bursaries if they only studied part time

system," read the report. "...A lack of knowledge means that students are missing out on resources that could be theirs, or winding up with loans that they don't understand, interest that they didn't expect and a poor grasp of what sort of relief might be available."

Rachael Bouska, a spokeswoman with Alberta Advanced Education and Technology, says all the information for student loans and grants are easily accessible online through a newly revamped website.

Students can also access CD-ROM discs

through the province's online Learning Clicks program, said Bouska. Each disc provides step-by-step information to help students apply for funding, she said.

Bouska says the province also provides resources to teachers and councillors at high schools

to help students access post-education funding, as well as sending post-secondary students to talk to 12th graders about the funding.

Students and parents can access the Learning Clicks program by following the links at alis.alberta.ca.

Are you looking for a career change? Become a registered nurse in 2 years.*

The University of Alberta Faculty of Nursing offers a 2-year Bachelor of Science in Nursing After Degree Program for people with a previous university degree in any field. This program can be taken in Edmonton or Camrose.

For admission details, program start dates, and other information, go to www.nursing.ualberta.ca or call 780-492-1242

FACULTY OF NURSING
UNIVERSITY OF ALBERTA

* Completion of a BScN degree is required to write the Canadian Registered Nurse Examination



AU student Phoenix in Vancouver, British Columbia, Canada

Athabasca University students can study where they please.

■ At Athabasca University, our flexible course schedules give you all kinds of options for study locations. ■ And that's great news for AU student Phoenix, who leads a very busy life. Not only is she pursuing her AU Master of Nursing degree, but she's working part-time as well. By studying at various locations throughout the week, she's able to maximize her study time, and still have time to enjoy the company of family and friends. ■ AU offers over 90 undergraduate and graduate degree, diploma and certificate programs to select from. And over 80 per cent of our students work while studying for their degrees. ■ Flexible course schedules. Another reason why AU stands out as a global leader in distance learning excellence.

standout • www.athabascau.ca/standout
1-800-788-9041

Athabasca University

Graduate from school in the style business

► Grant MacEwan offers new program with Marvel College to teach hairstyling students how to run their own businesses



Educators from one of Edmonton's biggest post-secondary schools are touting a new partnership with a local saloon and fashion school.

Marvel College, a member of the MC College Group, is now offering up a five-day program that will teach young hair stylists how to open up their very own businesses thanks to a new deal the college struck with Grant MacEwan University's School of Business.

"Some of the students who graduate from the college do open their own business," said M.C. Col-

"This is a program that we are customizing for the salon business."

NRATKA JANJIC, GRANT MACEWAN UNIVERSITY

lege President Joe Cairo.

"But I always wished there was more we could give them in terms of basic knowledge and tools to help them get going with their businesses."

The new program includes offering up a new class within Marvel College's hairstyling program, Cairo said, and the class will be offered up to past graduate students if they want it.

Cairo says the new class that students will attend inside Grant MacEwan's main campus will cover everything from book-

keeping, payroll and staff management practices while focusing on specific requirements when it comes to running a salon.

Ratka Janjic, a corporate learning manager with GMU's school of business, says the new class will include instructors from the university who have experience within the industry.

"This is about trying to teach them specifically in a salon what are some things they need to consider to make sure they are successful," said Janjic.

Once a student gradu-

Deep roots

► The MC College Group has seven colleges located across Western Canada. Each one offers hairstyling, fashion, and esthetics programs.

► For more information about the hairstyling program at Marvel College, check out mccolleges.ca

ates from Marvel College, Cairo says graduates can enter the workforce with a "greater advantage that can help fast track their financial success."

The first day of the course begins in Septem-



Part-time Professional Studies

Construction, Environmental, Health and Safety Studies
Build. Connect. Sustain.



Business and Management
Adult and Continuing Education
Learn. Lead. Succeed.



Learn more and register today: 780.492.3116 www.extension.ualberta.ca

Wings of climate change

► Butterflies body temperatures are regulated by the environment around them

 STEFAN STRANGMAN
FOR METRO EDMONTON

Two hundred researchers attending a conference at the University of Alberta this week will be peering at bugs through their microscopes to better understand climate change and human genetics itself at the Sixth International Conference on the Biology of Butterflies.

The butterflies are being examined for the genetics that make them change colour through

Climate change

► Climate change is the warming of the Earth caused by more of the sun's radiated heat being trapped in the atmosphere than normal.

"The way genes work in butterflies is exactly the way they work in humans."

JEN ROLAND, ECOLOGIST

their lifetime, and ecologist Jen Roland says there's a surprise in how that works.

"The way genes work in butterflies is exactly the way they work in humans." She says.

Researchers are also using the butterflies to study climate change because their body temperature is regulated by the environment around them.

The shift of butterflies from warmer southern climates as subtle temperature changes make it too warm for them is a good indicator of climate



► Researchers studying the effects of climate change on butterflies gather at the University of Alberta this week.

change.

Roland says the changes in temperature can also cause the numbers of the butterflies to boom and bust.

"One of the predictions for climate change, in addition to an overall warming trend, is more periods

of temperature variation," said Roland.

"That puts these butterflies right in the zone for population decline."

Roland says there is a breaking point where not all animals are able to simply shift to cooler climates, or have a limit as to how

far they can shift, and this is true for the butterfly.

"...Our continent runs out at the Arctic Ocean," said Roland.

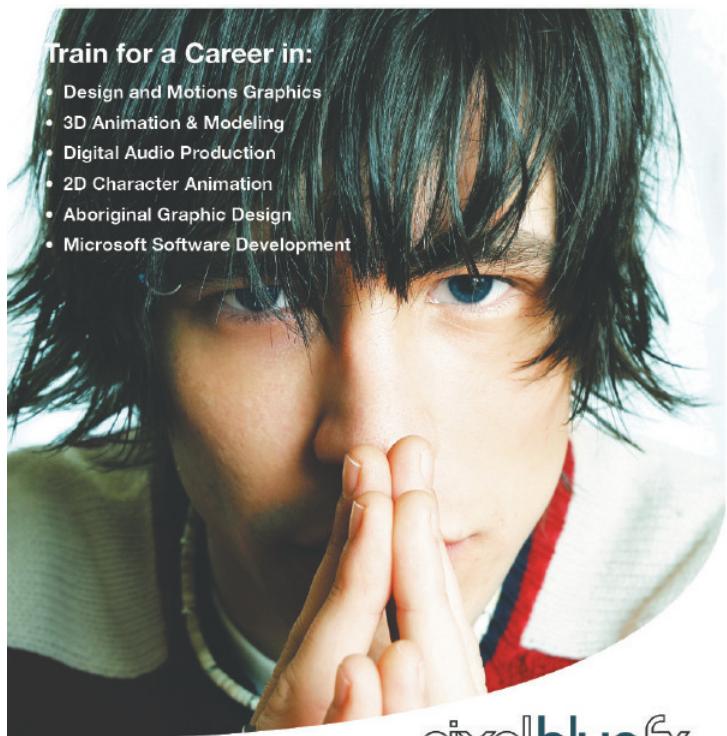
Polar bears are up there already dealing with climate change and they've got nowhere else to go, so there are limits

for all species." Says Roland.

Other topics on the menu at the conference include the way Human activity is affecting the migration routes of the butterflies and changes in food sources for the colourful winged insects.

Train for a Career in:

- Design and Motion Graphics
- 3D Animation & Modeling
- Digital Audio Production
- 2D Character Animation
- Aboriginal Graphic Design
- Microsoft Software Development



pixelbluefx
digital college | 3d studios | online

pixelbluecollege.com

E-mail: info@pixelbluecollege.com Telephone: 780.756.3990
The campus is located in Downtown Edmonton
Address: B100 10080 Jasper Avenue

Online
school

www.digitalschool.ca

Autodesk
Authorized Training Center

Autodesk
Certification Testing Center



I WILL DESIGN
Create. Design. Invent. Innovate. Animate.

ASK US ABOUT OUR E-TRAINING

Learn about our Career Programs:

- Architectural CAD Technician
- Engineering CAD Technician
- Process Piping Design
- Computer Aided Drafter
- AutoCAD Operator
- Gaming Design and Animation
- and more!

AutoCAD
Revit Architecture
Autodesk Inventor
3ds Max
Autodesk SoftImage
Autodesk Maya
and more!

DIGITAL School
computer aided design training
#304, 10205-101 Street Call (780) 414-0200
Financial Assistance may be available to those who qualify!

4

sports

Can NL bust out of all-star slump?

► Senior Circuit hasn't won game for 13 years ► NL looks to elite group of pitchers to turn tables

Ryan Howard is sick of all the talk about the American League's dominance in the all-star game.

The Phillies slugger knows all too well it's been 13 years of AL bragging rights. And, no, that wacky 7-7 tie in 2002 did little to boost NL morale in baseball's Midsummer Classic.

In this year of the pitcher, the National League is downright loaded, even for an all-star game with the best of the best coming to Orange County tonight.

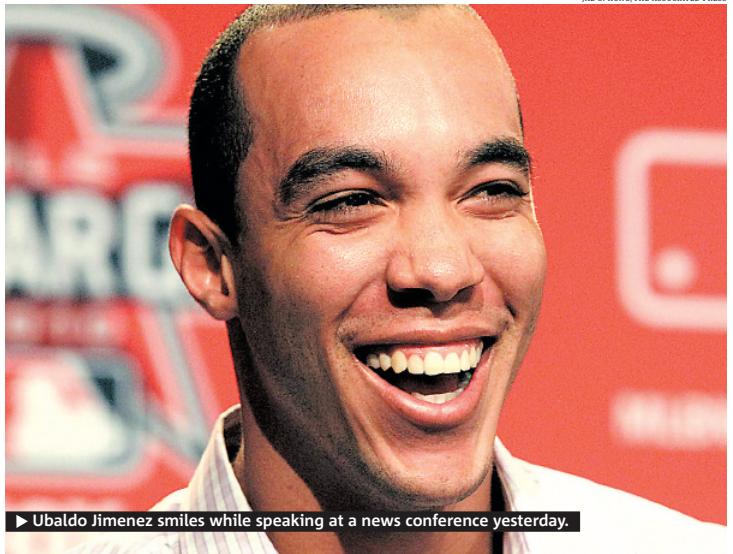
"This should be the year for us to go out there and hopefully end this drought," Howard said.

"I'm getting tired of hearing about the American League winning and how long they've won, every year for the last 13 years or whatnot."

There's Colorado 15-game winner Ubaldo Jimenez starting at Angel Stadium. In the bullpen: Marlins ace Josh Johnson, Mr. Perfect Roy Halladay and two-time reigning NL Cy Young Award winner Tim Lincecum. And so on.

The AL run is one of the more perplexing streaks in sports. Is it simply a quirk, or evidence of true dominance?

THE ASSOCIATED PRESS



► Ubaldo Jimenez smiles while speaking at a news conference yesterday.

moblerfurniture.com



Modern Made Affordable
See for yourself at moblerfurniture.com

mobler
MOBLER FURNITURE

10550 MAYFIELD ROAD TEL: (780) 444-1199

Fisher sticks with Lakers

Although Derek Fisher thought about joining that burgeoning superteam in Miami, he's staying in the Los Angeles Lakers' own collection of stars.

The veteran point guard said yesterday he'll re-sign with the Lakers, sticking with Kobe Bryant and the defending two-time NBA champions after speaking

with several teams as a free agent.

"I have decided to continue with Kobe, continue with our teammates and the fans of Los Angeles," Fisher said in a statement on his website.

Fisher averaged 7.5 points and 2.5 assists last year.

THE ASSOCIATED PRESS

Sports in brief

Spanish team returns home

MADRID. Spain's football team returned home to a jubilant nation and a huge fiesta yesterday after winning the World Cup, finally giving Spaniards a break from months of economic gloom and political squabbling.

TOURNAMENT. The NCAA has decided to add a new round to the NCAA men's basketball tournament next year, when the field expands to 68 teams.

The NCAA unveiled its plans for the expanded 68-team men's basketball

tournament yesterday, opting for a format that involves the lowest seeds and last-at-large qualifiers in a "First Four" round. Beginning next March, eight teams will play early in the first week, with the winners advancing.

Stern no fan of LeBron's show

DECISION. NBA commissioner David Stern said yesterday he would have advised James to tell the Cleveland Cavaliers of his choice to leave for the Miami Heat earlier than he did, and that the two-time MVP's public announcement shouldn't have come in a made-for-television special. Stern said James, Dwyane Wade and Chris Bosh violated no league rules in discussing free agency among themselves.

THE ASSOCIATED PRESS

NCAA adds to March Madness

TOURNAMENT. The NCAA has decided to add a new round to the NCAA men's basketball tournament next year, when the field expands to 68 teams.

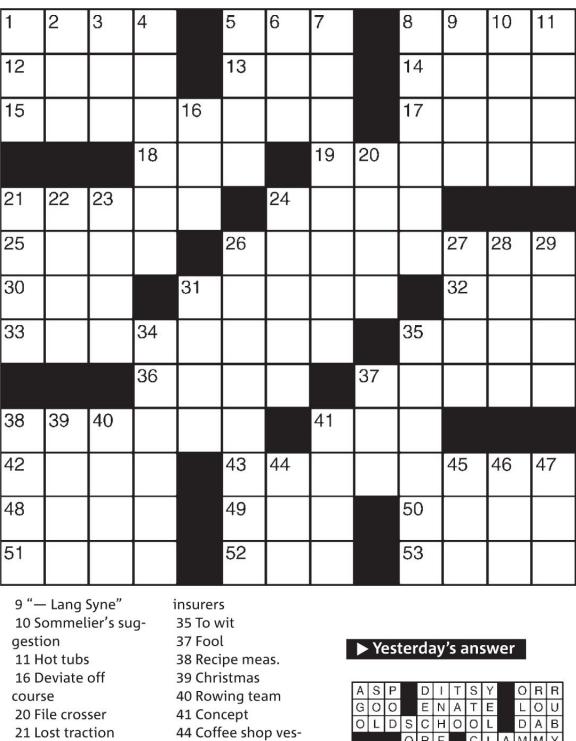
Crossword

Across

1 Options list
5 Calf's mama
8 Cutting tools
12 On
13 Lawyers' org.
14 Witticism
15 "Th-th-th-that's all, folks!" speaker
17 Radius' neighbor
18 Dine on
19 Report card data
21 Scatter about
24 Talon
25 Bound
26 Have lofty goals
30 Author Fleming
31 Meat cut
32 Yoko of music
33 Oilfield structure
35 Mil. alliance since 1949
36 Crazy one
37 Vice President
Burr
38 "The Georgia Peach"
41 Doctrine
42 Inter
43 Baseball commissioner
48 Coaster
49 Prior to
50 Vega's constellation
51 Church furniture
52 "CSI" evidence
53 Favorite votes

Down

1 Chart
2 DDF's command
3 Neither mate
4 Maintenance
5 Army rank (Abbr.)
6 Japanese sash
7 Swaying from side to side
8 Complain



9 "— Lang Syne"
10 Sommelier's suggestion
11 Hot tubs
16 Deviate off course
20 File crosser
21 Lost traction
22 Rip
23 Hindu royal
24 Mountain range
26 Pulsated
27 Pappa pig
28 Really enjoying
29 Hoodlum
31 Unkempt one
34 Famed London
insurers
35 To wit
37 Fool
38 Recipe meas.
39 Christmas
40 Rowing team
41 Concept
44 Coffee shop vessel
45 Caustic solution
46 George's brother
47 State of matter

► Yesterday's answer



For today's crossword answers and for expanded horoscopes, go to metronews.ca



Today's horoscope

Aries March 21-April 20 Get your head out of the clouds and get stuck into your work. Even if you are the kind of Aries who prefers to leave details to other people you will quite enjoy getting involved in the finer points today.

Taurus April 21-May 21 Venus, your ruler, will sweep away the negative atmosphere both at home and at work and life will be fun again.

Gemini May 22-June 21 If you made an error of judgment yesterday or over the weekend you must own up to it now. There is no doubt you will be forgiven but others' generosity won't extend beyond the next 24 hours. You have been warned.

Cancer June 22-July 22 Make an effort to communicate with someone you desperately want to get back on good terms with. They will appreciate that effort.

Leo July 23-Aug. 23 There is nothing you cannot accomplish if you want it enough and if you put both your heart and your mind into making it happen. Do whatever it takes to realize your dream.

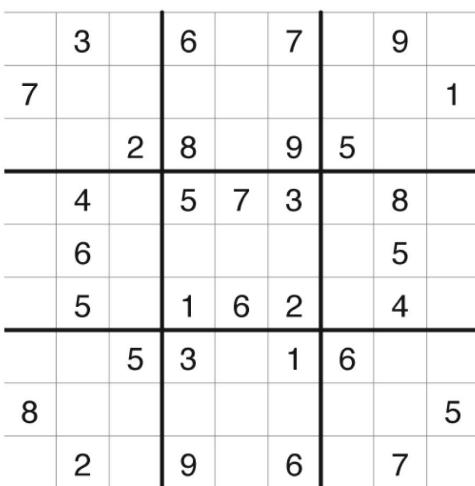
Virgo Aug. 24-Sept. 22 Venus in your birth sign does wonders for your confidence, especially in one-to-one relationships, so now is the time to let that special person know how much you care for them. They care for you too — and they'll show it.

Libra Sept. 23-Oct. 23 This is a good time to stand back from your life a little and take stock of where you have been and where you intend to go in the future.

Scorpio Oct. 24-Nov. 22 You have never been the kind to accept second best and you are not about to start now. However, you are unlikely to get what you want through coercion, so why not try persuasion instead?

Sagittarius Nov. 23-Dec. 21 Your popularity on the work front will reach new heights today and if ever there was a time to push for a promotion or raise that time is now. Let your boss know why you are worth your weight in gold.

Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ►



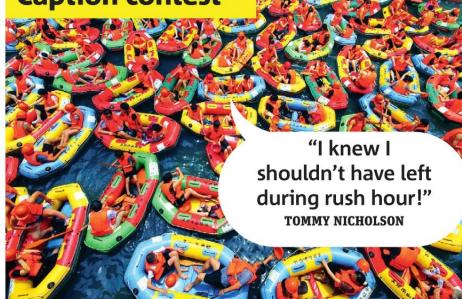
A look at the weather

TODAY Min 9° Max 14° **WEDNESDAY** Min 11° Max 24° **THURSDAY** Min 12° Max 23°

Michele McDougall
Weather Specialist 
"My favourite part is reporting the weather. It fascinates me, and as we know around here, it's always changing, keeping forecasters on their toes." WEEKDAYS 6AM



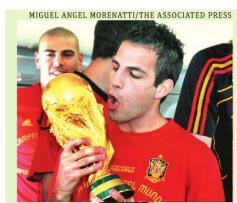
Caption contest



"I knew I shouldn't have left during rush hour!"
TOMMY NICHOLSON

You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.



"ONE OF THE BEST NEWS APPS"

"Really cool. Lets you read articles offline too!" — Real user review

The free Metro Canada application is available on the App Store.

Don't have an iPhone or iPod touch? Visit m.metronews.ca for news on the move.



metronews.ca



Show some love! Send a note to somebody special at kiss@metronews.ca

Dear Big Daddy: Don't worry too much babe. You will be okay and all this is just a test of your amazing strength. This too shall pass. I love you forever. SUNNY XOXOX

NJR, the last 3 years have been the best years of my life. I wouldn't be where I am today if it wasn't for you. I'd love to be yours forever. 143BB ANTHONY

Richard: I am so sorry that our relationship (friendship) ended. I don't know how or why it did. I know I ran scared, as always. I just wanted to tell you, I love you. X BUILDING MANAGER

Hey, Daysi I love you so much!! Days I'm alone without are days I miss you a lot, when Days I'm with you are the most amazing days of my life! SEXY

